

Vermont Department of Education Linking Health & Learning Bulletin

January 2008

New and General Announcements

Milton Elementary School Awarded STARS Level II for Physical Education Excellence

Milton Elementary School's physical education program is the first and only Vermont school to receive the prestigious STARS award sponsored by the National Association for Sport and Physical Education (NASPE). Congratulations go to physical educators Marie Froeschl, Cory Payson, John Geary and Catherine Rodgers on this impressive accomplishment. With the achievement of a level II STARS award Milton Elementary School's model physical education program sets a high standard for quality physical education in Vermont and nationwide. In April the team of physical educators will receive the STARS award at a national convention in Fort Worth, Texas. Schools across Vermont are encouraged to apply for STARS recognition. For more information visit <http://www.aahperd.org/naspe/stars/index.html>.

NASPE's January Teacher Toolbox: Winter Wellness Ideas

Just because it is cold outside doesn't mean you can't still play! This month's Teacher Toolbox is jam packed with winter wellness ideas like Extreme Frisbee, Jump Rope Challenge, Cardio Quick Shots and the January elementary and secondary fitness calendars in English and Spanish. Promote faculty and staff wellness with "Staff Wellness Ideas" - a new edition to NASPE's Teacher Toolbox. This month challenge your staff to download the "Ten At A Time" activity calendar. All of these resources are available at the following website http://iweb.aahperd.org/naspe/template.cfm?template=teacher_toolbox_jan08.html.

Now Available! The CDC's Health Education Curriculum Analysis Tool

The Health Education Curriculum Analysis Tool (HECAT) can help school districts, schools and others conduct a clear, complete and consistent analysis of health education curricula based on the National Health Education Standards and the CDC's Characteristics of Effective Health Education Curricula. The HECAT results can help schools select or develop appropriate and effective health education curricula and improve the delivery of health education. The HECAT can be customized to meet local community needs and conform to the curriculum requirements of the state or school district. This tool is available for download at no cost at the following website <http://www.cdc.gov/HealthyYouth/HECAT/index.htm>.

Questions & Answers about Methicillin-Resistant *Staphylococcus aureus* (MRSA)

The Centers for Disease Control and Prevention (CDC) has provided answers to commonly asked questions about preventing the spread of MRSA in schools. This information is available at the following website <http://www.cdc.gov/Features/MRSAinSchools/>.

Child Nutrition Culinary Certificate Program

The Culinary Certificate Program is designed to help food service personnel plan, prepare and serve meals that appeal to students and meet the 2005 Dietary Guidelines for Americans. The components of the Program include a series of workshop sessions as well as regional meetings with a project coordinator. The Program is free and graduates will receive a \$250 stipend to help cover travel or other costs. This is an extraordinary opportunity for food service personnel and the programs they serve to make the significant program improvements to meet students' health and well-being needs. **The application deadline has been extended to January 31, 2008.** To receive a copy of the enrollment brochure e-mail Jo Busha at josephine.busha@state.vt.us.

Vermont Middle and High School Student's Jr. Iron Chef Competition

April 12, 2008

Champlain Valley Exposition, Essex Junction,

Students from across Vermont are invited to participate in the Burlington School Food Project and VT FEED's Jr. Iron Chef Competition. There are two categories of competition: Middle School (any combination of grades 6-8) and High School (any combination of grades 9-12). Teams of 3-5 students each will create 1-2 delicious dishes using seasonal, local foods, which can be easily prepared for school food service menus. Teams must be chaperoned by a parent or school employee. **Team applications are due by February 8, 2008.** For more information, visit the Jr. Iron Chef website at: www.JrIronChefVT.org.

New Materials available from the Health Education Resource Center (HERC)

The Vermont Department of Education operates a Health Education Resource Center that loans materials to Vermont educators. These materials include books, curricula, reference resources, videos, DVDs and other visual materials. For a complete listing of available materials visit our website at http://education.vermont.gov/new/html/pgm_coordhealth/resources/herc.html.

Here are a few newer materials approved recently by the ADAP/DOE Materials Review Board:

Street Drugs Book

Filled with high-resolution photographs of street drugs, this book describes more than 60 drugs. Also discusses signs of drug use, drugs and the Internet and first aid. CD-ROM features enhanced learning tools including 13 short video clips, a collection of photo review sections, self-test quizzes and a final self test. 2006 Audience: HS, Adult

HBO Addiction Series

HBO® and Rodale, in partnership with the Robert Wood Johnson Foundation, the National Institute on Drug Addiction, and the National Institute on Alcohol Abuse and Alcoholism, have produced a groundbreaking multimedia campaign to educate America about fascinating medical and scientific advances in understanding drug and alcohol addiction and its treatment that have redefined the way we understand it as a brain disease. Audience: HS, Adult

Don't Drain Your Brain: How Alcohol Damages the Brain (DVD – 15 minutes)

Young teen presenters review important brain structures and explain how vital they are to normal, healthy functioning—including thinking, moving, speaking, hearing and smelling. Viewers get a chance see what actually happens inside the brain when alcohol is consumed, and witness how normal brain functioning is short-circuited by alcohol. 2003. Audience: ES, MS

Grant and Funding Opportunities

Tobacco Prevention Grant Opportunity

In an effort to reduce and prevent tobacco use among youth, non-competitive grant funding is available through the Vermont Department of Education. Funding is available to Vermont supervisory unions/districts and independent schools. Tobacco Use Prevention Funding targets four primary goals:

- Coordination of Tobacco Prevention Efforts
- Provision of Evidence-based Tobacco Prevention Education
- Development and Implementation of Model Tobacco Policy
- Involvement of Families & Community in Supporting School Tobacco Prevention Initiatives

Applications are due no later than May 1st, 2008. For more information or to obtain an application, contact Kate Larose at (802) 828-0565 by e-mail at kate.larose@state.vt.us.

Lowe's Toolbox for Education Grant

The spring 2008 Lowe's Toolbox for Education Grant cycle is now open. Up to \$5,000 per school is available to support projects that encourage parent involvement and build stronger community spirit. There is a preference for funding requests which have a permanent impact such as facility enhancement. **The deadline for this cycle is February 15, 2008.** For more information or to download the application visit the following website <http://www.toolboxforeducation.com/>.

2008 Safe Routes to Schools Grant

The Vermont Safe Routes to School (SRTS) program is soliciting applications for school planning and program development funding. The SRTS program is intended to result in greater numbers of students who walk and bike to school. Participation in the first phase of the program makes a community eligible for infrastructure funding to improve items like sidewalks, crossings, signals, signs and pavement markings within a two-mile radius of the school. Schools are strongly encouraged to partner with non-profit organizations with a common mission, such as health/fitness, alternative transportation, or environmental concerns or their local Regional Planning Commissions. The 2008 SRTS application and guidance is available at the following website <http://www.aot.state.vt.us/progdev/Sections/LTF/SRTS/VTSRTS.htm>. **Applications must be postmarked by March 14th.** For more information, contact Jon Kaplan at (802) 828-0059 or by e-mail at jon.kaplan@state.vt.us.

Grants Opportunities Available through the National Association for Sports and Physical Education (NASPE) – <http://www.aahperd.org/naspe/>.

Alcohol Prevention Funding Opportunity

Funding opportunity for local school districts through USED/Office of Safe and Drug-Free Schools, interested in doing comprehensive prevention in secondary schools to reduce and prevent alcohol abuse. **Applications are due on February 19, 2008.** The average awards for this three-year effort is around \$400,000 per year. The application is available on the USED website at <http://www.ed.gov/programs/dvpalcoholabuse/applicant.html>.

Grants on Fishing for Physical Education Teachers

The Recreational Boating & Fishing Foundation (RBFF), through the Future Fisherman Foundation's "Physh Ed" National Fishing and Boating Grants Initiative, provides grants to kindergarten through grade 12 teachers to implement fishing and boating units in their physical education (PE) classes. For the 2008/2009 school year, the Future Fisherman Foundation is offering individual grants of \$2,500 to qualified PE teachers. Grant monies can be used for fishing and boating equipment, field trips, curriculum materials and other resources to assist instructors in carrying out fishing, boating and conservation education. Grant recipients also receive an intense week of training in fishing and boating techniques. **Applications must be received electronically via e-mail on or before January 21, 2008, at 5:00 p.m.** For more information contact Anne Danielski at (703) 519-9691 or by e-mail at adanielski@asafishing.org.

Professional Development and Wellness Opportunities

Child Nutrition Culinary Certificate Program

The Culinary Certificate Program is designed to help food service personnel plan, prepare and serve meals that appeal to students and meet the 2005 Dietary Guidelines for Americans. The components of the Program include a series of workshop sessions as well as regional meetings with a project coordinator. The Program is free and graduates will receive a \$250 stipend to help cover travel or other costs. This is an extraordinary opportunity for food service personnel and the programs they serve to make the significant program improvements to meet students' health and well-being needs. **The application deadline has been extended to January 31, 2008.** To receive a copy of the enrollment brochure e-mail Jo Busha at josephine.busha@state.vt.us.

For a Calendar of Vermont Department of Education-Sponsored Events go to <http://www.state.vt.us/educ/new/html/dept/calendar.html>.

1st New England Regional SAP Training

March 27, 2008

Capitol Plaza, Montpelier

This seminar, sponsored by the National Student Assistance Association (NSAA) and the Association of Student Assistance Professionals of Vermont, is titled, "Changing Behavior through Social Norms Marketing" Led by two national experts in the field of Social Norms Marketing applications— Jim Campain and Scoot Crandall, both from Fort Collins, CO, they have used Social Norms principals and techniques in public school settings and have evaluated the results from their efforts. Social Norms Marketing approaches reinforce the strengths, assets and right-decision-making skills that the majority of youth possess. For more information, visit the SAP website at www.asap-vt.org.

The Mason's C.A.R.E. Training: K-12 Masonic Model Student Assistance Program

March 18-20, 2008

Doubletree Hotel, Burlington

This three-day workshop will help build educators' skills in identifying at-risk students and providing appropriate guidance. This training is an opportunity for schools to create an informed team of three to six members (must include one administrator) to identify, intervene with and create appropriate referrals for students who may be at risk for substance abuse, depression, suicide or violence and other unhealthy behaviors. Training, lodging, meals and snacks are provided by the Grand Lodge of Masons of Vermont. The only cost to schools will be substitute fees, mileage reimbursement, single room fees and incidental charges from the hotel. Letter of Commitment for your team, from your school is required to attend. For more information, contact Lucille Chicoine at (802) 828-5922 or by e-mail at lucille.chicoine@state.vt.us or download the CARE brochure at http://education.vermont.gov/new/pdffdoc/dept/calendar/masons_0108.pdf

Online Course: Creating Change through Coordinating School Health

March 3 - April 11, 2008

Participants will be introduced to the benefits of creating a coordinated approach to school health initiatives and will discover how partnering with school staff, community members and families can positively impact the health literacy and behaviors of students and staff. Participants will examine the key drivers of educational change, review state and national policies and resources, practice gathering school health assessment data and integrate this knowledge to design and implement an effective comprehensive school health program. The content covered in this course is in alignment with the Vermont Department of Education's health education endorsement requirements. The cost of tuition is \$25 for professional development hours only or \$140 for one graduate credit through UVM. For more information, contact Shevonne Travers at (802) 828-0570 or by e-mail at shevonne.travers@state.vt.us.

Vermont Adaptive Ski and Sports

Vermont Adaptive Ski and Sports provides access and instruction to sports and recreational opportunities for individuals with a disability. Programs include: alpine skiing, Nordic skiing, snowshoeing, sailing, canoeing, kayaking, cycling, therapeutic riding, indoor rock climbing, special events and custom outings. Some of the populations served include ADD and other learning disorders, physical disabilities and emotional/behavioral disorders- we serve all ages. Reservations from school groups & individuals are accepted throughout the year. They can host a fun and informative school assembly or conduct class presentations, covering inclusion and disability awareness in addition to showing off the latest advanced adaptive sporting equipment. For more information log on to www.vermontadaptive.org or call Erin Fernandez at (802) 786-4991.

Center for Health and Learning (CHL)

The Center for Health and Learning offers educational events and professional development opportunities that are designed to help schools create optimal conditions for learning and assist students and their families to make informed decisions about their health. For a complete schedule, visit the calendar at <http://www.healthandlearning.org> or call (802) 254-6590.

Alcohol, Tobacco and Other Drugs Education *(fulfills VT Act 51 Requirements)*

March 26-27, 2008 Colchester

Offered under a grant from the Vermont Department of Education

Cost: \$150 (includes breakfast, lunch and materials)

This two-day interactive training covers pharmacology, the continuum of chemical use, chemical dependency in the family, societal and personal attitudes, policy and legal issues, support and referral for students in distress, curriculum development, school climate and drinking and driving. Graduate credit is available for an additional cost of \$290.

Register online at www.healthandlearning.org or call the CHL at (802) 254-6590.

Integrating Cultural Skills and Competence into Substance Abuse Prevention Programs

February 4, 2008 Randolph

From the Series of "Best Practice" Workshops for Prevention Training and Health Education offered by The Center for Health & Learning Under a grant from the VT Dept of Health, Division of Alcohol and Drug Abuse Programs

This training program has been designed to help substance abuse administrators and prevention workers integrate cultural competence into their substance abuse prevention services. Participants will have the opportunity to explore and evaluate diversity issues and characteristics that are essential for developing and sustaining cultural skills, diversity and competency within their service delivery systems. There is a \$35 fee, which includes materials and a continental breakfast. Participants should bring a bag lunch. For more information or to register for this training visit www.healthandlearning.org.

Reminder: To unsubscribe, or subscribe, to the Linking Health & Learning Bulletin, contact Karen Abbott at karen.abbott@state.vt.us.

